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SLEEP REQUIREMENTS OF CHILDREN.

The Public Health Service has received a number of inquiries from mothers from time to time regarding the amount of sleep required by children at different age periods. It has been a matter of common observation that the average mother is quite ignorant of the importance of sleep from the standpoint of growth and development of young children. In fact, no nutrition worker can hope to secure successful results in the conduct of nutrition classes without due insistence that the child obtain the required amount of sleep. In addition to the damage to the nervous system occasioned by stress and excitement usually associated with late hours, it will be found on inquiry that fidgety and nervous children are also suffering from "sleep hunger."

The London County Council has issued a leaflet on children's sleep, which is presented herewith for the information of those who are interested in this problem.

"1. Medical authorities and others agree that school children need the following amount of sleep:

Age in years.	Hours of sleep required.
4.....	12
5 to 7.....	11-12
8 to 11.....	10-11
12 to 14.....	9-10

"2. Children grow mainly while sleeping or resting. *Do you want your children to grow up stunted?*

"3. Tired children learn badly, make little progress at school, and often drift to the bottom of the class. *Do you want your children to grow up stupid?*

"4. When children go to bed late their sleep is often disturbed by dreams and they do not get complete rest. *Do you want your children to sleep badly and become nervous?*

"5. Sufficient sleep draws a child onward and upward in school and in home life. Insufficient sleep drags it backward and downward. *Which way do you want your child to go?*

"6. Tiresome children are often only tired children. *Will you put the truth of this to the test?*

"7. Time spent out of bed means more wear and tear to children's clothes and boots. *Why not save such wear and tear?*

"8. A tired mother might get a quiet hour or two if the children were in bed by 6.30 p. m. *Why not take advantage of this?*

"9. The fact that a neighbor's child is sent to bed too late is not a good reason for sending your child to bed too late. *Two wrongs don't make a right, do they?*

"10. Going to bed late has by now become a bad habit, which may be difficult to cure. *Will you persevere till you succeed in curing it?*